DOCUMENT RESUME

ED 404 667 CS 215 764

AUTHOR Schiwy, Marlene A.
TITLE A Voice of Her Own: Women and the Journal-Writing Journey.
REPORT NO ISBN-0-684-80342-9
PUB DATE 96
NOTE 393p.; Foreword by Marion Woodman.
AVAILABLE FROM Simon & Schuster Macmillan, Front and Brown Streets, Riverside, NJ 08075 (U.S., $14; Canada, $19).
PUB TYPE Guides - Non-Classroom Use (055) -- Viewpoints (Opinion/Position Papers, Essays, etc.) (120)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS *Creative Expression; Diaries; *Females; Individual Development; *Journal Writing; *Self Expression; Womens Studies
IDENTIFIERS Healing Effect; *Personal Writing; *Voice (Rhetoric); Writing Topics

ABSTRACT

Since many women writers in the past have known that keeping a journal is a powerful tool of creative expression and self-healing, this book shows that journal writing is the ideal way for an individual to find her voice, an opportunity for women to explore feelings, intuitions, perceptions, and ideas often suppressed in society, and to record the truths of their own experiences. Inviting readers to share the journeys other women have made toward selfhood and encouraging them to begin a journey of their own, this book weaves together passages from published and unpublished journals, from works of literature, psychology, and women's studies with personal insights. The book is about the importance of journal writing in the lives of women today. For those who have never kept a journal, the book will introduce them to the creative possibilities and to the excitement and fascination of the journey itself. For those who already keep a journal, companionship and fresh inspiration should be provided. An appendix offers writing topics to accompany chapters 4-9. (NKA)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****